

Onion



Onions contain chromium which helps tissue cells respond to the insulin levels in the blood. They also include vitamin C and a mineral called manganese.

The seeds of onions can be found when it is fully grown, inside the flower of the plant.



Onions are locally grown here in Hawaii and they grow all year round.

Like garlic, onions grow in the ground. They can grow up to 2 feet in height and take about an average of 3-4 months to grow.

